

Workshop: Taiwanese Community-based Health Promotion Program! Fun & Effective

The first Taiwanese multi-domains and integrated health promotion program, SEP (Self-healing Enhancement Program), with more than 10,000 older adults participated and 3,000 older adults completed three-level 8 weeks programs. It is proved to improve older adults' quality of life, increase muscle strength and cardiovascular ability, decrease blood pressure, sense of loneliness and enhance social interaction.

You'll be able to:

- Identify practical ways to implement health promotion program in the community
- Experience effective education and interactive methods with older adults
- Develop a progressive and structured design program with multi-domains
- Create a learning environment to motive older adults for behavior changes
- Play 「Real Life Monopoly」

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